

# The Ripple

Spring 2010



## Mission

We teach people with disabilities to advocate on behalf of themselves and others. We are a united voice which promotes equality, opportunities, and inclusion for us, by educating the community about our dreams and what we can achieve.

## Vision

The vision of the SRSAN is a world where:

Everyone has the opportunity to make informed choices and participate.

We can be leaders in helping people with disabilities achieve their own goals.

There is respect and equality for all.

We believe in ourselves and we can take pride in our accomplishments.

We work together to succeed in making positive changes in our communities.

Hello, I'm Jeffrey Helm, the current Chairperson of SRSAN and the current chairperson of the SOS self-advocacy group at SASH in Magrath, Alberta.



I live in Lethbridge but work in Magrath at SASH and other businesses in Magrath. I have been with SASH since 1996 and with SRSAN since 2002. SRSAN is a great group and I'm proud to be part of it. I hope that we can work together to accomplish the mission, vision, values and goals that we set out in 2008. Any member is welcome to talk to me in helping this group go forward.

Respectfully submitted,  
Jeffrey Helm - Chairperson, South Region Self-Advocacy Network

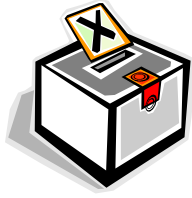
Thank You!

A heart felt thank you is extended to Sandra Mak and Leadership Today for the generous donations to SAIPA and SRSAN. Leadership Today donated many office supplies and equipment which will help us to reach out to our members, help teach people to advocate on their own behalf, and continue to educate the community on inclusion and the abilities of people with disabilities. Thank you for believing in us and what we do!

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# SRSAN Election



# Results

On January 13, 2010, SRSAN members held their elections for the Board. People are voted in for two years and this is considered one term. People can only run for two terms in a row, a total of four years. The first year is to learn the job you were elected for and the person that is active helps you to understand your responsibilities. This is done because SRSAN only has five meetings in a year and it does not give people enough time to learn the job before your term is up.

In 2010-2011, the "in training" SRSAN Board will become the active SRSAN Board and another election will be done in November to elect new Board members for a two year period.

## 2009-2010 ACTING SRSAN BOARD

Jeffrey Helm, Chairperson  
Juanita Elund, Vice Chairperson  
Ben Rowley, Treasurer  
Keelae Blackwood, Secretary

## 2009-2011 ELECTED SRSAN BOARD

Jeffrey Helm, Chairperson  
Ben Rowley, Vice Chairperson  
Edmund Zaiser, Treasurer  
Stefanie King, Secretary



Congratulations to the newly elected Board!

# SRSAN Guidelines

On March 3, 2010, the SRSAN membership approved a new copy of their guidelines (how they work). If you are interested in having a new copy, please contact the office or go to [www.saipa.info/guidelines.htm](http://www.saipa.info/guidelines.htm)



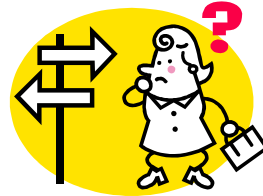
# Keelaaee's

# C o r n e r

People get more out of life if we make our own decisions and make goals in the process. For those of us that have a hard time making decisions, just maybe make one to two at a time and get a friend, family member or worker to help you with them.

A few things to keep in mind:

- ⇒ Choose these goals carefully.
- ⇒ When you have made your decision, post them somewhere you will always see them so you can try to achieve them a little each day.
- ⇒ Tell your support system about these goals so they know and can help you achieve them as much as possible.



Each time you make a decision and reach a goal, you will be more confident in making decisions again and you will be in control of your life.

## The Ally's Alley

### What are allies?

**Allies** are people or groups that have joined together in an effort to achieve some common purpose.

In the disability services field, support staff and individuals must work together on achieving the best quality of life. For support staff, working with self-advocates helps them to understand what it is that they need to speak on their own behalf, make their own decisions and feel empowered in their own lives.

For self-advocates, working with support staff help them to achieve their goal of being in charge of their own lives, whether it is to make minor or major life decisions.

By working together, quality of life can be achieved and everyone benefits!



## TOP 10 ACTIONS

...to help the environment

### 1. Shop Smart



"Buy what you need, not what you want"



Consider renting and borrowing things that are seldom needed



Buy used items from garage sales and second hand stores.



### 2. Simple Savers



Replace incandescent light bulbs with compact fluorescent bulbs



Use aerators on faucets and shower heads



Weather-strip windows and doors

### 3. Other Ways to Get Around



Walk, cycle, car pool and use public transportation



When driving, reduce idling and maintain correct tire pressure



Consider car sharing programs or renting



### 4. Food Choices



Choose local and organic foods that are in season, and support local food producers



Eat less meat



## 5. Close to Home

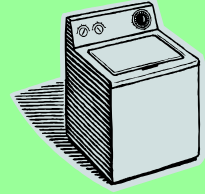


Vacation, travel and work as close to home as possible

## 6. Washing & Drying



Wash full loads of clothes in cold water and hang to air dry



## 7. Heating and Cooling



For summer air conditioning, set your thermostat to 24 or 25 degrees Celsius



For winter heating, set your thermostat to 19 or 20 degrees Celsius



Install ceiling fans and programmable thermostats

## 8. Bathroom Basics



Take short showers instead of baths



Close water taps while brushing your teeth



## 9. Careful Cleaning



Choose natural, non-toxic cleaning products



Make simple, natural cleaners with ingredients like vinegar, baking soda and water

## 10. Don't Discard



Donate, reuse and recycle items before throwing them into the trash



Harmful materials like chemicals, batteries, electronics, etc should be taken to local hazardous waste depots or recyclers.



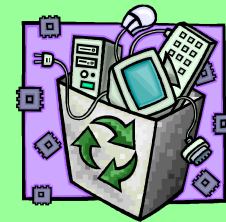
# Self-Advocates Say...



Earth week is April 16-25th and there are many ways to keep the Earth healthy. Here is what self-advocates had to say in how each of us can help to keep the Earth healthy:

⇒ **Recycle:**

- Newspaper
- Pop cans or bottles
- Shopping bags
- Cardboard
- Cell phone & cell phone batteries
- Computers



- ⇒ **Put garbage in its place and do not litter!**
- ⇒ **Plant trees and flowers.**
- ⇒ **Take stuff to the thrift store.**
- ⇒ **Walk, bike, take transit, car pool or use a smaller car.**
- ⇒ **Shred important information and you can use it in your composter.**
- ⇒ **Make sure to clean the streets, shovel your sidewalk and remove any ice.**
- ⇒ **Join a clean up crew to help keep the area clean.**
- ⇒ **Use cloth bags for grocery shopping or reuse the plastic bags.**
- ⇒ **When you are not using a light, turn it off.**
- ⇒ **Dispose of oil and other harmful chemicals in the right places.**
- ⇒ **Use natural chemicals to clean.**
- ⇒ **Cut back on energy use and conserve water.**
- ⇒ **Keep your showers down to 5 minutes.**



# Reduce, Reuse, Recycle!



# What a Song Can Say!

"PROUD" by Heather Small

I look into the window of my mind  
Reflections of the fears I know I've left behind  
I step out of the ordinary  
I can feel my soul ascending  
I am on my way  
Can't stop me now  
And you can do the same

What have you done today to make you feel proud?

It's never too late to try

What have you done today to make you feel proud? You could be so many people

If you make that break for freedom

What have you done today to make you feel proud?

Still so many answers I don't know  
Realise that to question is how we grow  
So I step out of the ordinary  
I can feel my soul ascending  
I am on my way  
Can't stop me now  
And you can do the same



Luck is everywhere, you just have to find it!

You could be naturally lucky or the star might just take some convincing but all in all everyone is lucky!

Do you believe a leprechaun is in your hat?

If you do, spread some green cheer around, it might be just the trick to get your friends or family out of their winter funk.

You never know if you have the luck of the Irish.

# Spring Safety Tips



Spring time, means more outdoor activities (swimming, camping, bike riding, etc ). Here are some topics that can help to keep you safe and healthy this spring:



## Spring Allergies

Many people with seasonal allergies have problems in the spring, with a runny nose, watery eyes, sneezing, etc. Learn how to help control your spring allergies.

## Insect Repellents

Insect repellents can protect you from insects that commonly bite, including mosquitoes, gnats, etc. Safe and effective insect repellents include those with deet, citronella and soybean oil. Learn to keep yourself safe from insect bites.



## Water Safety

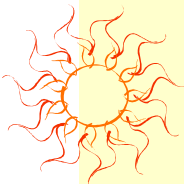
Many of the streams, rivers and lakes may still have ice on them however they are not safe especially by the water's edge. If you see grey ice it is unsafe, the grayness means there is water, not solid ice.

## Walking and Biking Safely

Bike riding is fun and a great way to exercise. You should always wear a helmet when you are on wheels, such as a bike, skateboard, roller-skates or a scooter.

Walking is a great way to exercise and you can go almost anywhere. But before you lace up your shoes, here are some safety tips:

- Always walk on the sidewalk. If there is no sidewalk, always walk facing traffic.
- Wear bright colors! You want drivers to see you.
- If you are walking at night wear clothes that reflect when hit by headlights.
- Cross only at marked crosswalks or at corners.
- Stop and look before you step into the street.
- Keep looking for cars while you are crossing.



## Sun Screens to Prevent Sun Damage

Sun screens can help to protect you from damage from sun exposure and reduce the risk of skin cancer. Learn to pick a sunscreen with an SPF of 15 or higher and which offers UVA and UVB protection, plus other tips to keep you safe in the sun.



# Lethbridge Walk 'N Talk Walking Club

*Do you need to lose weight?  
Do you want to get in shape?  
Do you like to meet new people?  
Are you up for a challenge?*

Join us for our weekly walks with Lethbridge Walk 'N Talk. Everyone has a walking partner and we walk 52 weeks a year!

## Schedule for 1st week in March—last week in November

**Saturdays:** We meet at the Fort Whoop Up parking lot at 8:50 am and on  
**Wednesdays:** at the Henderson Lake parking lot off Mayor Magrath at 6:20 pm.

Any questions? Call Louise @ (403) 327—2560 or e-mail [lethwalkntalk@hotmail.com](mailto:lethwalkntalk@hotmail.com)



On April 24, 2010, members of Dynami (the Taber self-advocacy group) are walking in the **MS walk** to help raise money for multiple sclerosis. We would like to invite everyone to join us to walk for this great cause!

The website is [www.mswalks.ca](http://www.mswalks.ca)

Once on the site go to “register.login.pledge“, click on create a new account and then fill in the information requested. Then you select that you’ll be participating as a team member and choose the “Dynami Dreadlocks” as your team. Then fill out the rest of the information required. It will give you an email where you can print off pledge sheets and then you can ask your friends and family to sponsor you for this great cause.

Dynami will also be doing some lunch fundraisers to raise money for pledges throughout the next few months leading up to the walk. If you would like more information please contact Karen Vloo @ 403-330-8709 or [vloo27@telus.net](mailto:vloo27@telus.net) Come join us for a fun day!

# Calendar of Events

## Schedule of Events

- Wednesday, March 3**  
 SRSAN Meeting 10:00 am—3:00 pm in Crowsnest Pass. If you plan on attending, please call Anna at 1-866-320-1518 or email [anna\\_olson@saipa.info](mailto:anna_olson@saipa.info) before February 24.
- Sunday, March 14**  
 Daylight Savings Time—remember to spring ahead one hour!
- Wednesday, March 17**  
 Michael Kendrick Workshop  
 Phone SACLA 403-329-1525 to register!
- Friday, March 19**  
 Dynami Fundraiser for the MS Walk at the Taber Special Needs Society. Cost is \$5.50 and it includes a juice. Call Karen at 403-223-4941 for more information.
- Thursday, March 25**  
 PDD Board Meeting  
 If you are planning to attend, please reply by calling (403) 381-5458 or emailing [leah.bruder@gov.ab.ca](mailto:leah.bruder@gov.ab.ca) to confirm date, location and time.


## March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 SRSAN Meeting Crowsnest Pass	4	5	6
7	8	9	10	11	12	13
14 Daylight Savings Time 	15	16	17 Michael Kendrick Workshop St. Patty's Day 	18	19 Dynami Fundraiser "Dutch Soup"	20 Spring Begins! 
21	22	23	24	25 PDD Board Meeting	26	27
28	29	30	31			

## Schedule of Events

- Thursday, April 1**  
 Autism Awareness Day  
 10:00—9 pm at Park Place Mall  
 Children's activities, information on autism & raffle prizes. Contact Christina Spooner for more information. Ph. 403-381-9561 or e-mail [spoerz@telusplanet.net](mailto:spoerz@telusplanet.net)
- Tuesday, April 6**  
 Autism Fundraiser 11-3 @ Save-On-Foods. Hotdog & Drink for \$2  
 Contact Christina Spooner for more information. Ph. 403-381-9561 or e-mail [spoerz@telusplanet.net](mailto:spoerz@telusplanet.net)
- Friday, April 16**  
 Dynami Fundraiser for MS  
 At the Taber Special Needs Society  
 Cost is \$5.50 and it includes a juice. Call Karen at 403-223-4941 for more information.
- Saturday, April 24**  
**MS Walk**  
 Contact your local MS Society to get more details on the event.
- Thursday, April 29**  
 PDD Board Meeting  
 If you are planning to attend, please reply by calling (403) 381-5458 or emailing [leah.bruder@gov.ab.ca](mailto:leah.bruder@gov.ab.ca) to confirm date, location and time.

## April 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Autism Awareness Day 	2 Good Friday	3
4 Easter Sunday 	5 Easter Monday	6 Autism Fundraiser	7	8	9	10
11 Holocaust Remembrance Day	12	13	14	15	16 Dynami Fundraiser for MS Taco Salad Bag	17
18	19	20	21 Administrative Professional Day	22 Earth Day 	23	24 MS Walk 
25	26	27	28	29 PDD Board Meeting	30	

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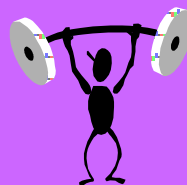
## May 2010

- Wednesday, May 5**  
 SRSAN Meeting 10:00 am—3:00 pm in Brooks. If you plan on attending, please call Anna at 1-866-320-1518 or email [anna.olson@saipa.info](mailto:anna.olson@saipa.info) before April 28.
- Saturday, May 15**  
**Autism Fundraiser 10:00 am—12:00 pm in Lethbridge. Jump, Skip, walk for Autism. Pavan Park—John Martin Recreation Area.** Contact Christina Spooner for more information. Ph. 403-381-9561 or e-mail [spoerz@telusplanet.net](mailto:spoerz@telusplanet.net)
- Thursday, May 27**  
 PDD Board Meeting in Lethbridge. If you are planning to attend, please reply by calling (403) 381-5458 or emailing [leah.bruder@gov.ab.ca](mailto:leah.bruder@gov.ab.ca) to confirm date, location and time.


Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 SRSAN Meeting Brooks	6	7	8
9 	10	11	12	13	14	15 Autism Fundraiser
16	17	18	19	20	21	22
23	24 	25	26	27 PDD Board Meeting	28	29
30	31					

We are always looking for events or activities to put into the calendar of events. Share your information with us and we will help you get the message out.

Remember, together we are stronger!



Our contact information is on the back of this newsletter if you want to send us your information to share with others. We look forward to hearing from you!



The very essence of leadership is that you have to have a vision.

~Theodore Hesburgh




## SRSAN GEAR



1 T-Shirt for \$15  
or  
2 T-Shirts for \$25

Hoodies for \$35

Lots of colors and sizes!



In the middle of every difficulty lies opportunity.  
~ Albert Einstein



### Tell Us What You Think!



UPDATE

Write:  
527 - 6 Street South  
Lethbridge, Alberta T1J




Call Me!

Phone: (403) 320-1515  
Toll Free: 1-866-320-1518  
Fax: (403) 320-7054



E-mail  
→ Me ←

Email:  
[srsan@saipa.info](mailto:srsan@saipa.info) or  
[newsletter@saipa.info](mailto:newsletter@saipa.info)



The Ripple was created with pride for you by the following Self-Advocates:

Keelae Blackwood  
Melody Scout  
Shannon Kehler  
Danielle Petersen